

**University of Tennessee
Knoxville
Department of Intercollegiate Athletics**



Substance Abuse Testing Policy and Procedures

Revised 06/2010

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I. Introduction:

The overall goal of the University of Tennessee-Knoxville (UT-K) Substance Abuse Testing Policy and Procedures is to promote a drug free environment within the UT-K athletic program. The specific objectives included in this goal are:

- to protect the health, safety, and welfare of the student-athlete;
- to identify, address, and treat student-athletes with substance abuse problems and concerns;
- to inform and educate student-athletes and others associated with athletic teams about substance abuse;
- to protect the institution's integrity; and
- to promote fair competition in intercollegiate athletics by UT-K athletes.

Therefore, the illegal use, abuse, possession, manufacture or distribution of prescribed or illegal substances while a student-athlete at the University of Tennessee-Knoxville is prohibited. In addition, the use of impermissible substances as identified by the National Collegiate Athletic Association (NCAA) or the University of Tennessee-Knoxville is prohibited. A non-exhaustive list of such substances is provided in Appendix A.

Education and counseling are the foundations of this Substance Abuse Policy with the aim of alerting both student-athletes and coaches to the potential harm of substance abuse. A drug testing component will be used to help identify those student-athletes at risk for the dangers of substance abuse as well as supplement education and counseling as a deterrent to its use.

The UT-K protocol for drug testing is designed to be fair, reliable, and to protect the privacy rights of the student-athlete. Test results are confidential. The test results will not be released to anyone except in accordance with the UT-K Substance Abuse Policy and Procedures or as otherwise required by law.

This Policy and Procedures resides under the guidance of the Substance Abuse Education and Screening Committee. The Committee is comprised of:

1. Athletic Directors
2. Head Team Physicians
3. Head Athletic Trainers
4. Senior Associate Athletic Director-Administration
5. Associate Athletic Director – Strategic Initiatives
6. Associate Athletic Directors for Compliance
7. Faculty Athletic Representative
8. Senior Associate Vice Chancellor
9. Vice Chancellor for Student Affairs



In addition, a separate Men's and Women's Subcommittee will be charged with implementing the Policy and Procedures.

The Subcommittees will be comprised of:

1. Head Team Physician
2. Head Athletic Trainer
3. Senior Associate Athletic Director – Administration (Men's Subcommittee)
4. Associate Athletic Director – Strategic Initiative (Men's Subcommittee)
5. Associate Athletic Director for Compliance
6. Senior Associate Athletic Director for Women's Athletics (Women's Subcommittee)
7. Team Enhance Coordinator (Women's Subcommittee)

The Policy and Procedures are subject to modification by the Athletic Director and the Committee as deemed appropriate. Such modifications will be effective upon notice to the student-athletes and shall not be applied retroactively.

This Policy and its sanctions are independent of the NCAA Drug Testing Program.

II. Scope:

This Policy and Procedures applies to all student-athletes at the University of Tennessee-Knoxville. All student-athletes will be required to sign the UT-K Drug Testing Consent Form on an annual basis (see Appendix B). Student-athletes who do not wish to comply with this policy forfeit their participation in intercollegiate athletics for the University of Tennessee-Knoxville.

III. Definitions:

•**Illegal Drug**—includes narcotics, hallucinogens, depressants, stimulants, or other substances which can affect or hamper the senses, emotions, reflexes, judgment, or other physical or mental activities. Includes prescription medications or substances for a specific medical condition not prescribed by a licensed practitioner (see Appendix A).

•**Legally Prescribed Medication**—includes medication prescribed by a licensed practitioner for a particular medical condition. The medication must be used in the appropriate amount solely by the individual for whom the medication was prescribed. Documentation of all prescribed medication must be included in the student-athlete's medical chart kept by the UT Sports Medicine staff or Team Physician.

•**Positive Drug Test**—student-athlete's urine or serum specimen or other analytical procedure showing the presence of an illegal drug. The testing must be performed by an approved professional laboratory. In addition, the following circumstances will also be considered a positive drug test:

- student-athlete does not provide a specimen at the designated time for testing
- student-athlete is found guilty of altering the integrity or validity of the specimen or the drug testing protocol



- student-athlete is found guilty or admits guilt to a legal, administrative, or student disciplinary offense regarding the illegal use, abuse, possession, manufacture, or distribution of prescribed or illegal drug(s).

A positive test for marijuana ($>$ or $=15$ ng/ml) within 30 days of a previously confirmed positive test for the same will be used for counseling/treatment purposes only and will not count as an additional positive test unless the repeat test shows an elevated level of marijuana from the prior positive test. Appropriate drug/substance metabolism and half-life will be considered along with the specific gravity of the urine specimen in determining subsequent positive drug tests.

IV. Education Policy:

A presentation explaining the University of Tennessee-Knoxville Substance Abuse Policy and Procedures will be provided to all student-athletes prior to the start of their fall semester or first semester of enrollment on an annual basis. The goal of this presentation will be to discuss the purpose, implementation and sanctions involved. In addition, each student-athlete will be provided a written copy of the Policy and Procedures. The student-athlete will be asked to sign a form acknowledging receipt and understanding of the Policy and Procedures as well as providing voluntary consent to participate in this program. In the event that a student-athlete is under the age of eighteen (18) years, his or her parent(s) or guardian will be asked to sign a consent for the student-athlete (see Appendix B).

Student-athletes may refuse to sign the consent for participation in this program. However, such student-athletes will forfeit their participation in intercollegiate athletics for the University of Tennessee-Knoxville.

In addition, an educational program(s) shall be designed to inform and teach those involved in intercollegiate athletics about the warning signs and side effects of specific drugs, the associated problems of substance abuse, and its affect on the student-athlete and his/her team. Appropriate rehabilitation, treatment programs, and referral centers shall also be included. Each team and coaching staff, with the assistance of athletic trainers and team physician, shall meet annually to discuss these topics.

V. Counseling Policy:

Counseling and rehabilitation services will be utilized to provide assistance, direction and resources for student-athletes who need additional support as a result of positive tests, physician referral, or self-addressed needs. Counseling and rehabilitation services will be provided by trained professionals knowledgeable about substance abuse. These professionals will be identified by the Head Athletic Trainer and Head Team Physician. Referrals will originate from the Head Team Physician after meeting with the student-athlete. All counseling and rehabilitation services will be confidential with reports on student-athlete's progress provided to the appropriate Subcommittee.



VI. Confidentiality Policy:

The University will take every effort to maintain the confidentiality of all information and records associated with this policy, including drug-test results, impending sanctions, remedial measures taken by the University, and/or any counseling and rehabilitation services which a student-athlete may receive. Unless otherwise required by law, drug test results and related records may be disclosed only to (1) members of the Men's or Women's Subcommittees, (2) the head coach, (3) sports administrator, (4) the team physician, and/or (5) the team's designated drug and alcohol counselor. These individuals are to maintain the confidentiality of all drug test results and related information to the extent possible in the implementation of this policy and the performance of their duties. Additionally, positive drug-test results may be provided to the student-athlete's parent(s).

All members of the UT Department of Athletics, including the individuals listed above, are expected to adhere to this Confidentiality Policy at all times. Violation of the policy may incur disciplinary action at the discretion of the Director of Athletics.

VII. Drug Testing Policy:

All University of Tennessee-Knoxville intercollegiate student-athletes (including athletes who have sustained career-ending injuries) will be tested for illegal drugs. Testing will be accomplished by the analysis of urine specimens, or other recognized analytical procedures, obtained from the student at the direction of the Head Team Physician or Head Athletic Trainer. The testing procedure will ensure that the specimen being analyzed is identified with the appropriate student-athlete and that the purity of the sample is maintained. All specimens will be coded to ensure confidentiality. All specimens will be collected in a manner so as to minimize the possibility of contamination or misidentification. This collection will be conducted by an agent appointed by the professional laboratory selected by the Head Team Physician, Head Athletic Trainer, and the University Department of Purchasing/Business Services.

A. Frequency of Testing:

1. All incoming student-athletes will be tested at or around the time of their **Pre-Participation Physical Exam** and all returning student-athletes may be tested at the beginning of the fall semester.
2. All student-athletes, including student-athletes still on scholarship who have exhausted their eligibility, will be subject to **RANDOM** drug testing throughout the year
 - a. The appropriate Men's or Women's Subcommittee will supply a list of randomly selected names of student-athletes generated by a computer program. The number or percentage of student-athletes subject to testing will be determined by the Subcommittee. However, selection of subjects will occur such that all student-athletes will be tested at some point during the academic year.
 - b. The list of student-athletes will be delivered to the Head Athletic Trainer and sports medicine staff.



- c. Notification to the selected student-athletes will not exceed twenty-four hours. The information will include the location, date and time of the test.
3. A student-athlete and/or entire team may be subject to drug testing based on **REASONABLE SUSPICION**.
 - a. Reasonable suspicion is defined as one founded on specific, objective facts, which if taken with rational inferences drawn from those facts, and taken as a whole strongly suggest that drug testing may produce evidence of improper use. Reasonable suspicion testing may also be performed for medically warranted reasons as determined by the Head Team Physician.
 - b. Results of a reasonable suspicion drug test will be handled in the same manner as are results of all other drug tests.
4. All student-athletes with **previous positives or a history of providing unsatisfactory specimens** for analysis (i.e. dilute specimens) will be subject to more frequent drug testing throughout the year as deemed appropriate by the Men's or Women's Subcommittee.

EXCEPTION: Student-athletes who are enrolled in an intensive outpatient or inpatient counseling and rehabilitation program (see section XI. Consequences for Positive Drug Tests) will not be subject to more frequent drug testing at UT-K while successfully participating in counseling. However, once the program is complete, he/she will be subject to more frequent testing at UT-K. The duration of the program will be determined by the substance abuse counselor but exclusion from testing shall not exceed sixty (60) days.
5. All student-athletes participating in **Post-Season Bowl Games or NCAA Championships** may be tested prior to their competition in their respective post-season event.

B. Specimen Collection Procedures:

1. The student-athlete will be notified by his/her athletic trainer or designee as to the location, date and time of the drug test.
2. The student-athlete shall promptly present for the drug test at the proper location and provide a photo identification to the designated test administrator.
3. Once the student-athlete reports to the drug testing site, he/she may not leave until a specimen is produced.
4. Water bottles, open containers, bags, etc. must be checked at the door.
5. In the event that a student-athlete requests additional oral fluids in order to provide a specimen, only closed or sealed container beverages or water from a drinking fountain will be provided and/or made available.
6. A collection agent appointed by an approved professional laboratory will collect all specimens in a manner so as to minimize the possibility of contamination or misidentification.
7. All student-athletes will be directly observed providing a specimen by either the collection agent or an approved sports medicine staff member.
8. All NCAA rules against urine manipulation are applicable.



9. Two specimen containers will be handled by the approved laboratory representative and observed by the student-athlete. The student-athlete will select the containers, provide his/her sample, observe the laboratory representative divide the sample among the two containers, seal the containers, mark the seals, attach the student-athlete's ID number to the containers and place the containers in the device used to transport the specimens to the lab. The student-athlete will then initial the seal on the container. This process is to be performed by the approved professional laboratory personnel under the direct observation of the student-athlete to ensure proper chain of custody.
10. One container will be used for testing purposes and the other container will be frozen and stored by the testing laboratory in case there is an appeal to the test results.
11. The approved professional laboratory courier will transport the specimens to the laboratory where they will be received by a laboratory agent who will sign for them. All signatures will attest that the official seal on the specimen bottle remains intact, and that proper chain of custody was maintained.

C. Disposition of Positive Test (see Appendix C):

1. All test results are returned by the testing lab directly to the Head Team Physician.
2. Head Team Physician will share positive test results with the Men's or Women's Subcommittee.
3. All positive test results will be communicated orally and/or in writing to the student-athlete's parent(s) or legal guardian.

VIII. Pre-Participation Drug Test:

Freshmen and transfer student-athletes will undergo a drug test at or around the time of their pre-participation physical examination. As these student-athletes may not be aware of the Substance Abuse Policy and Procedures for the University of Tennessee-Knoxville, positive test results for marijuana will not be considered a "first positive" result. However, the student-athlete will be required to meet regularly with a designated substance abuse counselor and will be subject to more frequent drug testing as outlined in this program. Student-athletes who test positive for an illegal drug other than marijuana will be subject to penalties and/or sanctions as outlined in the section XI. Consequences for Positive Drug Tests.

IX. Safe Harbor Program:

Student-athletes will have the opportunity one time during their intercollegiate athletic career to voluntarily identify themselves as having used an illegal drug prior to obtaining a positive test. The Safe Harbor Program can only be used prior to a "first positive" test result and must be invoked within twenty-four (24) hours from time of drug testing and cannot be used after a positive test is received. The Safe Harbor Program does not apply to any legal, administrative, or student disciplinary penalties or proceedings. The Head Team Physician and/or Head Athletic Trainer must be informed by the student-athlete that he/she would like to invoke the Safe Harbor



Program. Once invoked, drug testing will proceed. However, a positive result will not count as the student-athlete's "first positive" test. The Subcommittee and Head Coach will be informed of the student-athlete's use of the Safe Harbor Program but notification to the student-athlete's parents will be voluntary. Any student-athlete who uses the Safe Harbor Program will be required to meet with the designated substance abuse counselor and complete appropriate counseling and rehabilitation as outlined in this program. In addition, more frequent drug testing may be instituted. Failure to comply with this program will result in it being revoked and the positive drug test being reinstated.

X. "Drug-Free" Period:

Student-athletes will have an opportunity one time during their intercollegiate athletic career to decrease one level of consequence from a positive drug test result for marijuana only, if they are able to maintain a consecutive twelve (12) month time period of having no further positive drug tests. They will be subject to more frequent drug testing throughout this time period as deemed appropriate by the Men's or Women's Subcommittee. In addition, they must adequately participate in and complete substance abuse counseling and rehabilitation as outlined in section XI. Consequences for Positive Drug Tests. If the student-athlete meets all of the above outlined criteria, they will be eligible for consideration by their Subcommittee to decrease their Level of Consequence. The student-athlete may be required to submit a written request and/or appear in person before the Subcommittee for consideration to have their level decreased.

XI. Consequences for Positive Drug Tests:

The Head Coach may have team rules regarding substance abuse that affect a student-athlete's eligibility for practice and competition. Such team policies may be more stringent but cannot be more lenient than outlined in this Policy and Procedures.

Consequence	Test Result
Level I	First Positive Test for any illegal/banned substance excluding Anabolic steroids or Performance Enhancing Drugs
Level II	Second Positive Test for any illegal/banned substance or First Positive Test for Anabolic Steroids or Performance Enhancing Drugs
Level III	Third Positive Test for illegal/banned substance or Second Positive Test for Anabolic Steroids or Performance Enhancing Drugs

* Student-athletes with drug tests positive for marijuana with a level < 15 ng/mL will not be considered to have a positive test result but must meet with the Head Team Physician and may be required to undergo substance abuse counseling if deemed appropriate.



*** Use or possession of certain illegal/banned substances may result in immediate suspension or dismissal by Head Coach or Athletic Director as deemed appropriate.**

A. **Level I** (First positive test for illegal/banned substance excluding Anabolic Steroids or Performance Enhancing Drugs):

The student-athlete will be required to sign a contract agreeing to all terms set forth by the substance abuse policy, as well as by his/her head coach. Also, the student-athlete will be required to meet with the Athletic Director and/or Sports Administrator and be screened by the Head Team Physician and approved Substance Abuse Counselor to determine if use is sporadic or if there is evidence for physical or psychological dependence. If no evidence of dependence is found, the student-athlete will be enrolled in a **substance abuse counseling program** approved by the Men's or Women's Subcommittee. The counseling program may be conducted at the University of Tennessee-Knoxville campus and may include individual and/or group sessions as deemed appropriate by the substance abuse counselor. The student-athlete is required to attend all counseling sessions and successfully complete the program unless an absence is approved by the Subcommittee. If a student-athlete is felt to have a physical or psychological dependence, he or she will be enrolled in a more **intensive outpatient substance abuse counseling program** approved by the Men's or Women's Subcommittee. This program may be conducted at a counseling and rehabilitation center in the Knoxville area approved by the Men's or Women's Subcommittee. The program will be under the direction of a qualified substance abuse counselor. Failure to complete this program will result in the student-athlete's consequence being elevated to a Level II status.

In addition, the student-athlete may be suspended from intercollegiate athletic competition or team practice/activities as deemed appropriate by the Athletic Director upon consultation with the Men's or Women's Subcommittee.

At the Athletic Director's discretion, the student-athlete may be permanently suspended from intercollegiate athletic competition at the University of Tennessee-Knoxville. In addition, the student-athlete's scholarship may be terminated in accordance with University policy and NCAA rules regarding the termination of financial aid.

B. **Level II** (Second positive test for illegal/banned substance or First positive for Anabolic Steroids or Performance Enhancing Drugs):

The student-athlete will be required to sign a contract agreeing to all terms set forth by the substance abuse policy, as well as by his/her head coach. Also, the student-athlete will be enrolled in an intensive substance abuse counseling program. This program may be conducted at a counseling and rehabilitation center approved by the Men's or Women's Subcommittee. The student-athlete is required to attend all sessions and successfully complete the program unless an



absence is approved by the Subcommittee. Failure to complete this program will result in the student-athlete's consequence being elevated to a Level III status.

In addition, the student-athlete will be suspended from intercollegiate athletic competition and/or team practice/activities for a period of time as deemed appropriate by the Athletic Director upon consultation with the Men's or Women's Subcommittee. The suspension will be equal to no less than 10% of the scheduled competitions for the respective sport, or 30 consecutive days of suspension from all team related activities.

A suspension from competitions will begin immediately upon notification of the student-athlete, and will include consecutive countable games of either regular season or post-season. If a student-athlete's season and post-season end prior to serving the full terms of the suspension, the athletic director will determine and appropriate length of a suspension from all team related activities to complete the mandated suspension. A suspension from all team activities will begin immediately upon notification of the student-athlete, and include practices, games, meetings, and use of athletic department facilities, except for medical services, academic support, and appropriate counseling appointments.

At the Athletic Director's discretion, the student-athlete may be permanently suspended from intercollegiate athletic competition at the University of Tennessee-Knoxville. In addition, the student-athlete's scholarship may be terminated in accordance with University policy and NCAA rules regarding the termination of financial aid.

C. **Level III** (Third positive test for illegal/banned substance or Second positive for Anabolic Steroids or Performance Enhancing Drugs)

The student-athlete will be permanently suspended from intercollegiate athletic competition at the University of Tennessee-Knoxville. In addition, at the Athletic Director's discretion, the student-athlete's scholarship may be terminated in accordance with University policy and NCAA rules regarding the termination of financial aid.

XII. Appeals

If a student-athlete believes that penalties or sanctions placed upon him/her are made in error, inappropriate, or other extenuating circumstances, then he/she may file a written appeal of these penalties or sanctions. The written appeal must be submitted to the Athletic Director and the Men's or Women's Subcommittee within one (1) week of notification of such penalties or sanctions. The appeal must contain an explanation of why the penalties or sanctions should not be enacted with supporting evidence or documentation. The appeal will be considered by a majority of members of both the Men's and Women's Subcommittees and a Faculty Representative and/or a Representative of the Dean of Students with a recommendation made to the Athletic Director at the next scheduled Subcommittee meeting. The final decision regarding any appeal will be made by the Athletic Director.

If an intercollegiate athletic competition is scheduled prior to the Subcommittee's ability to consider the appeal, the student-athlete may be suspended from that competition in accordance



with the designated Consequence Level outlined in this Policy and Procedure. The student-athlete may request an expedited meeting of the Subcommittee to consider the appeal and every effort will be made to meet this request. However, the Subcommittee and/or the Athletic Director is not obligated to render a decision prior to its next scheduled meeting.

XIII. Alcohol Policy:

A. Statement:

Alcohol is involved in over 90% of the undesirable behaviors observed among students on college campuses. This Policy and Procedures should be viewed in the context that lawful responsible consumption or abstinence is expected from the student-athlete and that consumption and/or possession of alcohol by minors in the State of Tennessee is illegal. The goals of the alcohol policy will be to assist student-athletes with alcohol-related problems and to specify treatment for student-athletes experiencing alcohol-related problems.

B. Alcohol Abuse Policy:

The Head Coach may have team rules regarding the consumption and possession of alcohol that may affect the student-athlete's eligibility for practice and competition. Such policies and sanctions may be more stringent than those outlined in this Policy and Procedures.

Alcohol-induced incidents involving student-athletes that causes undesirable behavior with or without legal consequences (i.e. DUI, public intoxication, etc.) will be referred to the Men's or Women's Subcommittee. The alcohol policies as well as resultant sanctions and/or penalties will be determined and maintained by the individual Subcommittees. Repeat alcohol offenses may have the same sanctions and/or penalties as outlined in section XI. Consequences for Positive Drug Tests.

XIV. NCAA Drug Testing Program Protocol

Drug screening will be administered pursuant to the guidelines set forth in the NCAA Drug Testing Program. Drug testing legislation can be found in the Division I manual and on the NCAA Web Page at www.ncaa.org/health-safety. Prior to participation, each student-athlete will be required to sign a NCAA Drug Testing Consent Form (see Appendix A) which will be administered by the sports medicine staff.

Per NCAA rules, any failed drug test administered by the NCAA:

1. if tested before competition, will result in the student-athlete being disqualified from competition and the loss of one (1) year of eligibility.



2. if tested during or after competition, will result in a team penalty (which may include disqualification from and/or forfeiture of competition), and the loss of one (1) year of eligibility for the student-athlete.
3. will be subject to the terms/conditions of the University of Tennessee-Knoxville Substance Abuse Policy and Procedures.

XV. IOC/USOC and USADA Drug Testing Guidelines

Please be advised that all student-athletes involved in competition sanctioned by some other National Governing Body (NGB) must acknowledge that:

1. medication prescribed by your physician, and approved for use by the NCAA, may contain substances prohibited by your sanctioned NGB.
2. Over-the-counter medications may contain substances prohibited by your sanctioned NGB.
3. Vitamin, herbal, and nutritional supplements purchased over-the-counter or via the internet may contain substances prohibited by your sanctioned NGB.

Always check with the Head Team Physician prior to using any supplement or medication. Student-athletes should not take any medications or supplements unless it is approved by the Head Team Physician. However, there is no guarantee that a supplement approved by the Head Team Physician does NOT contain a contaminant or unlisted prohibited substance that could create a positive drug test.

NCAA POLICY STATES THAT ANY PROHIBITED SUBSTANCE DISCOVERED ON A DRUG TEST IS THE RESPONSIBILITY OF THE STUDENT-ATHLETE. If the substance is determined to have come from a contaminated supplement, penalties will still apply to that student-athlete. Therefore, all student-athletes are cautioned against ingesting any supplements other than those approved by the athletics department.



For:	Student-athletes.
Action:	Sign and return to your director of athletics.
Due date:	At the time your intercollegiate squad first reports for practice or the Monday of the institution's fourth week of classes, whichever date occurs first.
Required by:	NCAA Constitution 3.2.4.7 and NCAA Bylaws 14.1.4 and 30.5.
Purpose:	To assist in certifying eligibility.



APPENDIX A: SAMPLE NCAA DRUG TESTING CONSENT FORMS

Form 09-3d

Academic Year 2009-10

Drug-Testing Consent-NCAA Division I

Requirement to sign Drug Testing Consent Form.

Name of your institution: _____

You must sign this form to participate (i.e., practice or compete) in intercollegiate athletics per NCAA Constitution 3.2.4.7 and NCAA Bylaws 14.1.4 and 30.5. If you have any questions, you should discuss them with your director of athletics.

Consent to Testing.

You agree to allow the NCAA to test you in relation to any participation by you in any NCAA championship or in any postseason football game certified by the NCAA for the banned drugs listed in Bylaw 31.2.3 (attached). Additionally, if you participate in a NCAA Division I sport, you also agree to be tested on a year-round basis.

Consequences for a positive drug test.

By signing this form, you affirm that you are aware of the NCAA drug-testing program, which provides:

1. A student-athlete who tests positive shall be withheld from competition in all sports for a minimum of 365 days from the drug-test collection date and shall lose a year of eligibility;
2. A student-athlete who tests positive has an opportunity to appeal the positive drug test;
3. A student-athlete who tests positive a second time for the use of any drug, other than a "street drug" shall lose all remaining regular-season and postseason eligibility in all sports. A combination of two positive tests involving street drugs (marijuana, THC or heroin) in whatever order, will result in the loss of an additional year of eligibility;
4. The penalty for missing a scheduled drug test is the same as the penalty for testing positive for the use of a banned drug other than a street drug; and
5. If a student-athlete immediately transfers to a non-NCAA institution while ineligible and competes in collegiate competition within the 365 day period at a non-NCAA institution, the student-athlete will be ineligible for all NCAA regular-season and postseason competition until the student-athlete does not compete in collegiate competition for a 365 day period.

Signatures.

By signing below, I consent:

1. To be tested by the NCAA in accordance with NCAA drug-testing policy, which provides among other things that:
 - a. I will be notified of selection to be tested;
 - b. I must appear for NCAA testing or be sanctioned for a positive drug test; and
 - c. My urine sample collection will be observed by a person of my same gender;
2. To accept the consequences of a positive drug test;
3. To allow my drug-test sample to be used by the NCAA drug-testing laboratories for research purposes to improve drug-testing detection; and
4. To allow disclosure of my drug-testing results only for purposes related to eligibility for participation in NCAA competition.

I understand that if I sign this statement falsely or erroneously, I violate NCAA legislation on ethical conduct and will jeopardize my eligibility.

Date

Signature of student-athlete

Date

Signature of parent (if student-athlete is a minor)

Name (please print)

Date of birth

Age

Home address

Sport(s)

What to do with this form: Sign and return it to your director of athletics at the time your intercollegiate squad first reports for practice or the Monday of the institution's fourth week of classes (whichever date occurs first). This form is to be kept on file at the institution for **six years**.

*Student-athletes will be provided with an updated version of this form on a yearly



2009-10 NCAA Banned Drugs

1. The NCAA bans the following classes of drugs.

- a. Stimulants;
- b. Anabolic Agents;
- c. Alcohol and Beta Blockers (banned for rifle only);
- d. Diuretics and Other Masking Agents;
- e. Street Drugs;
- f. Peptide Hormones and Analogues;
- g. Anti-estrogens; and
- h. Beta-2 Agonists.

[Note: Any substance chemically related to these classes is also banned.]

The institution and the student-athlete shall be held accountable for all drugs within the banned drug class regardless of whether they have been specifically identified.

2. Drugs and Procedures Subject to Restrictions.

- a. Blood Doping;
- b. Local Anesthetics (under some conditions);
- c. Manipulation of Urine Samples;
- d. Beta-2 Agonists permitted only by prescription and inhalation; and
- e. Caffeine if concentrations in urine exceed 15 micrograms/ml.

3. NCAA Nutritional/Dietary Supplements Warning.

• Before consuming any nutritional/dietary supplement product, review the product and its label with your athletics department staff!

- (1) Dietary supplements are not well regulated and may cause a positive drug test result.
- (2) Student-athletes have tested positive and lost their eligibility using dietary supplements.
- (3) Many dietary supplements are contaminated with banned drugs not listed on the label.
- (4) Any product containing a dietary supplement ingredient is taken at your own risk.

*Student-athletes will be provided with an updated version of this form on a yearly



Some examples of NCAA Banned Substances in each class

[NOTE: There is no complete list of banned drug examples!]

Check with your athletics staff to review the label of any product, medication or supplement before you consume it!

1. Stimulants.

e.g., amphetamine (Adderall); caffeine (guarana); cocaine; ephedrine; fenfluramine (Fen); methamphetamine; methylphenidate (Ritalin); phentermine (Phen); synephrine (bitter orange); etc.

Exceptions: phenylephrine and pseudoephedrine are not banned.

2. Anabolic Agents.

e.g., boldenone; clenbuterol; DHEA; nandrolone; stanozolol; testosterone; methasterone; androstenedione; norandrostenedione; methandienone; etiocholanolone; trenbolone; etc.

3. Alcohol and Beta Blockers.

e.g., alcohol; atenolol; metoprolol; nadolol; pindolol; propranolol; timolol; etc.

4. Diuretics and Masking Agents.

e.g., bumetanide; chlorothiazide; furosemide; hydrochlorothiazide; probenecid; spironolactone (canrenone); triameterene; trichlormethiazide; etc.

5. Street Drugs.

e.g., heroin; marijuana; tetrahydrocannabinol (THC); etc.

6. Peptide Hormones and Analogues.

e.g., human growth hormone (hGH); human chorionic gonadotropin (hCG); erythropoietin (EPO); etc.

7. Anti-Estrogens.

e.g., anastrozole; clomiphene; tamoxifen; formestane; etc.

8. Beta-2 Agonists.

e.g., bambuterol; formoterol; salbutamol; salmeterol; etc.

Any substance that is chemically related to the class of banned drugs, unless otherwise noted, is also banned!

[NOTE: Information about ingredients in medications and nutritional/dietary supplements can be obtained by **contacting the Resource Exchange Center, REC, 877-202-0769 or www.drugfreesport.com/rec** password **ncaa1, ncaa2 or ncaa3.**]

It is your responsibility to check with your athletics staff before using any substance.

*Student-athletes will be provided with an updated version of this form on a yearly



**APPENDIX B: SAMPLE UNIVERSITY OF TENNESSEE-KNOXVILLE DRUG
TESTING CONSENT FORM**

**University of Tennessee-Knoxville Athletic Department
P.O. Box 15162
Knoxville, TN 37901-5162**

**Consent to Drug Testing and Authorization for
Release of Information**

I hereby acknowledge that I have received a copy of the University of Tennessee-Knoxville Substance Abuse Testing Policy and Procedures for Intercollegiate Student-Athletes. I hereby consent to have a sample(s) of my urine or other approved specimen collected and tested for the presence of specific drugs and substances in accordance with the provisions of the University of Tennessee-Knoxville Substance Abuse Testing Policy and Procedures, and at such other times as urinalysis testing is required under the program during the academic year 2010-2011.

I further authorize the testing agency, and/or the Head Team Physician to make a confidential release to the appropriate athletic trainer at the University of Tennessee-Knoxville, my parent(s) or legal guardian(s), the head coach or the position coach of any intercollegiate sport in which I am a team member, the appropriate athletic director of the University of Tennessee-Knoxville or his/her designee, and the approved substance abuse counseling and rehabilitation personnel, all information and records, including test results, you have related to the screening or testing of any urine or other approved specimen sample(s) in accordance with the provisions of the University of Tennessee-Knoxville Substance Abuse Policy and Procedures

I understand that my urine or serum sample(s) will be sent to a professional laboratory for actual testing. I also understand that the results of all drug tests (including NCAA drug testing) are provided to the Athletic Director, Head Coach, Head Team Physician, Head Athletic Trainer, and parent(s) or legal guardian(s).

The University of Tennessee-Knoxville, its Board of Trustees, its officers, employees, and agents are hereby released from legal responsibility or liability for the release of such information and records as authorized by this form.

I have read, understand, and am willing to comply with the University of Tennessee-Knoxville Substance Abuse Policy and Procedures. I have also been given the opportunity to ask questions and have had my questions answered satisfactorily. I understand that signing this form is a contingency for my participation in intercollegiate athletics at the University of Tennessee-Knoxville.

STUDENT-ATHLETE'S PRINTED NAME: _____

STUDENT-ATHLETE'S SIGNATURE: _____

STUDENT-ATHLETE'S DOB: _____

SPORT OF PARTICIPATION: _____

DATE: _____

WITNESS OR PARENT/GUARDIAN SIG: _____

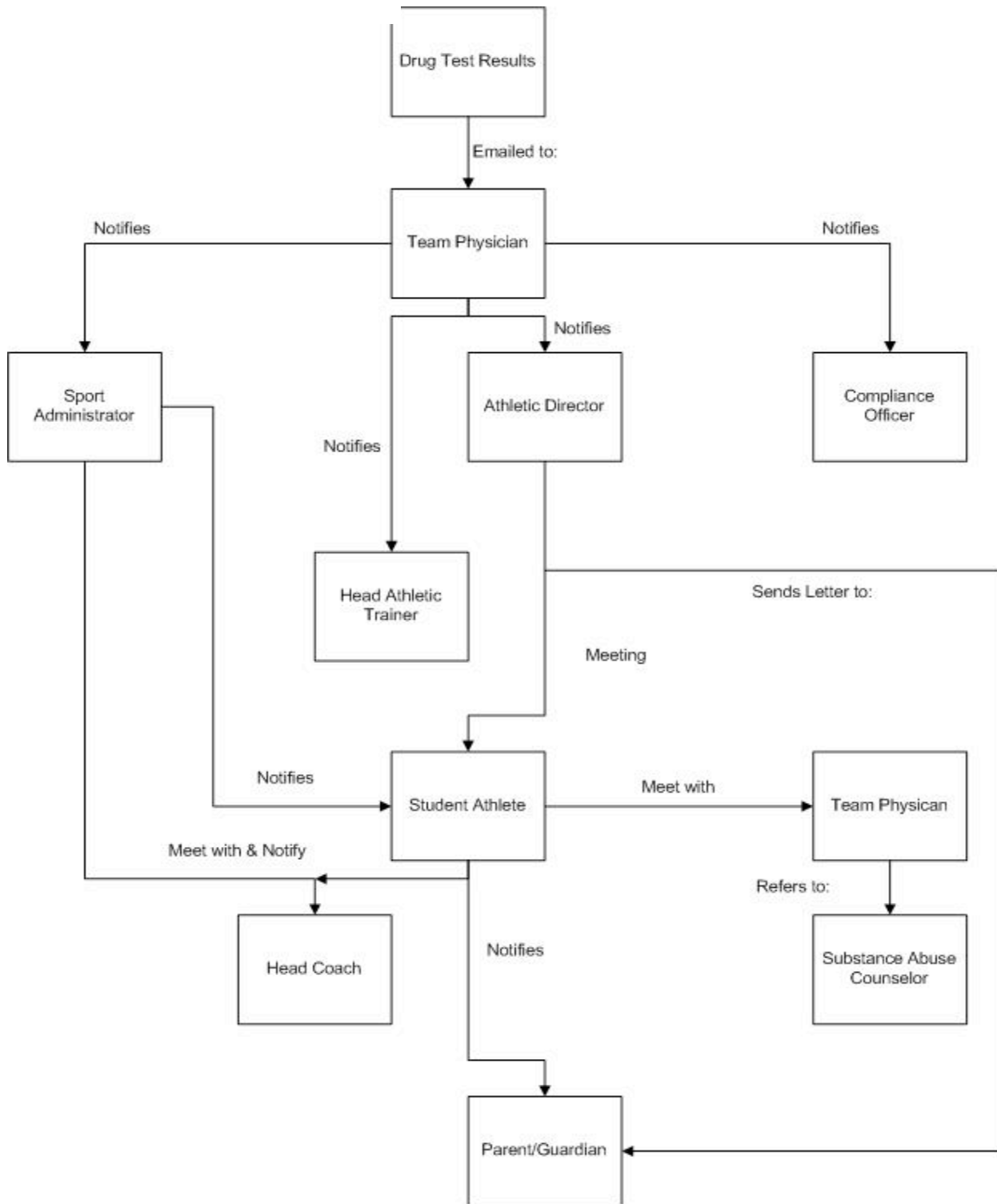


(Parent/Guardian signature required if student-athlete is under age of 18)

APPENDIX C: SUBSTANCE ABUSE TESTING FLOWSHEET

*Student-athletes will be provided with an updated version of this form (as needed) on a yearly basis.

s Athletics: Drug Testing Information Flow Sheet



University of Tennessee Women's Athletics: Drug Testing Information Flow Sheet

